

St Therese's Parish Essendon



22 & 23 August – Twenty-first Sunday in Ordinary Time Year A



First Reading *Is 22: 19-23* A reading from the prophet Isaiah

I place the key of the House of David upon his shoulder. Thus says the Lord of hosts to Shebna, the master of the palace: I dismiss you from your office, I remove you from your post, and the same day I call on my servant Eliakim son of Hilkiah.

I invest him with your robe, gird him with your sash, entrust him with your authority; and he shall be a father to the inhabitants of Jerusalem and to the House of Judah.

I place the key of the House of David on his shoulder; should he open, no one shall close, should he close, no one shall open. I drive him like a peg into a firm place; he will become a throne of glory for his father's house.

Gospel *Mt 16: 13-20* A reading from the holy Gospel according to Matthew

You are Peter, to you I will give the keys of the kingdom of heaven.

When Jesus came to the region of Caesarea Philippi he put this question to his disciples, 'Who do people say the Son of Man is?' And they said, 'Some say he is John the Baptist, some Elijah, and others Jeremiah or one of the prophets.'

'But you,' he said 'who do you say I am?' Then Simon Peter spoke up, 'You are the Christ,' he said, 'the Son of the living God.' Jesus replied, 'Simon son of Jonah, you are a happy man! Because it was not flesh and blood that revealed this to you but my Father in heaven. So I now say to you: You are Peter and on this rock I will build my Church. And the gates of the underworld can never hold out against it.

I will give you the keys of the kingdom of heaven: whatever you bind on earth shall be considered bound in heaven; whatever you loose on earth shall be considered loosed in heaven.' Then he gave the disciples strict orders not to tell anyone that he was the Christ.



On behalf of our parish community we congratulate Fr John on 42 years in the priesthood which he celebrated on 19 August.

Forty-two years preparing and celebrating Masses, baptisms, weddings, funerals, comforting and anointing the sick, numerous roles in listening, giving spiritual guidance, lecturing at Catholic Theological College and the Catholic Institute of Sydney in Canon Law, judging annulments, being a part-time Vicar General in Broken Bay and educating parishioners on how you can live out the gospel through children's books and Dr Seuss! During his priesthood John has spent time in Hastings, Croydon, Ottawa, East Preston and Parkville, 5 years as parish priest of North Glen Waverley, 6 years at Asquith and then Berowra, 12 years in Manly and then Freshwater, before returning to Melbourne for 2 years at Scoresby. We are so grateful to John for accepting the role as Parish Priest here at St Therese's almost three years ago. He looks forward to more time here with us in the Essendon parish and school communities.

How rich are the depths of God. With confidence let us turn to the Lord who answers those who call out in prayer.

That Church leaders and all us believers are able to keep up charity and patience with one another, especially in this confounding time of Covid. **Lord, hear us**
Lord hear our prayer

For politicians and all in government: that they may always keep the poorest and most vulnerable people before their eyes. **Lord, hear us - Lord hear our prayer**

That those on the verge of giving up find strength to persevere. **Lord, hear us**
Lord hear our prayer

For the staff and residents of aged care facilities, that they will draw strength from the loving support of the whole community. **Lord, hear us - Lord, hear our prayer**

For those on the frontline of work against Covid. May they and their families remain safe and inspired as they continue their efforts. **Lord, hear us - Lord, hear our prayer**

For the families and parishioners of St Therese's as we work our way through the year in isolation. **Lord, hear us - Lord, hear our prayer**

We pray for those who are ill, especially Jorge Arenivar, Jacinta Hyland, Marty O'Donnell, Lolita Fajardo, Marg Kovacs, Isabella Campo, Jane Phelan and Dominico Gemano,

For those who have died recently, Eunice Wilson, Carmel Doig, Leigh Wallmeyer, Patricia McMahon

And those whom we remember at this time especially Peter Murphy, Neil O'Shea, Gerard Rebeiro, Anthony Farrugia, Sr Margaret Laffan, John Sweeney and Eileen O'Dwyer.

Lord, hear us - Lord hear our prayer

God of wisdom, you have built your Church on a firm foundation. Hear these prayers that we may become living stones, giving witness to Christ, the Son of the living God. We ask this in Jesus' name. Amen



Blessed in Aging

Blessed are they who understand,
My faltering step and shaky hand.
Blessed are they who know my ears today
Must strain to catch the things they say.
Blessed are they who seem to know
My eyes are dim and my thoughts are slow.
Blessed are they who look away
When coffee was spilled at meal today.
Blessed are they who, with a cheery smile
Stop and chat for a little while.
Blessed are they who never say
"you've told that story twice today."
Blessed are they who know the ways
To bring back memories of yesterdays.
Blessed are they who make it known
I'm loved, respected and not alone.
Blessed are they who ease the days
On my journey home... in loving ways.

Amen

Esther Mary Walker



Coping with Isolation

It's week "I've lost count" of lockdown now, and with each day the desire for human interaction and connectedness grows stronger.

As an introvert, I was quite comfortable during the initial lockdown period. In fact, I was pleased that for once in my life it was acceptable to remain indoors for an entire week.. Or more.

But never in my life has it been so long since I've seen my parents. My family. My friends.

Phone calls and video chats don't quite do it justice. The presence of another human being, and basic interactions like a hug or a warm smile, have such a profound impact on our day-to-day life.

So in a time when face-to-face interaction is so limited, how can we cope?

Stay in contact as best you can During a discussion on isolation, my friend told me that connectedness is about the quality of our relationships, not about our proximity to another person. Proximity helps, of course, to reduce feelings of isolation. But proximity on its own cannot cure loneliness. I resonated with this thought, feeling grateful that I could engage in such meaningful conversation while at such a great distance apart.

Phone and video calls may not feel nearly as enriching as face-to-face interaction, but they are the closest form of "normal" interaction we have available to us right now. Just as we would schedule time to meet or talk with our loved ones, make time for phone and video calls to keep in touch.

Writing letters is another great way to communicate. Letters can help foster deeper or more meaningful conversations, as we take more time in thinking about what we want to say. Post isn't the only way of sending letters either - we can send photos of handwritten letters or use our texting method of choice (including messaging apps) to have long-length letter-style conversations.

Remember, it won't be like this forever - There may be a new "Covid normal" in times to come, but no matter what that is, we will eventually be able to see our family and friends again. Life will go on, and we will adapt.

To have hope that things will get better is important too, no matter how bleak it may feel right now.

Coping with ill loved ones - Our hearts go out to those who have ill loved ones, as we know visiting is often restricted or sometimes completely off limits, and other forms of contact may be limited too.

This can be frustrating and stressful, but focusing on prayer, on hope, or on something that is meaningful for you both can help. Take feelings of fear or anger and use the energy for good – if your loved one is an avid gardener, consider starting a garden project. If knitting is their thing, try your hand at knitting. Or maybe DIY is more their style. This can help strengthen your connection with them in an abstract way, too.

Keep busy and maintain routine Feelings of isolation can be exacerbated when we're bored. Because when we're bored, sitting alone and pondering the meaning of life, it is never more blatantly obvious that there is no one around us. Sing, dance, learn a new skill or just take more notice of the things around you.

In the early stages of lockdown I formed a new friendship with "Garry" – our resident (harmless) house spider. While he was an unexpected visitor, and despite the initial urge to "get him out of the house NOW", we let him stay. And each day we would follow his adventures, playing 'Where's Wally' to spot his new location on the wall. Such a small and seemingly meaningless interaction resulted in appreciation and acceptance of something I may not have given much thought to otherwise.

On a more sane note, maintaining a daily or weekly routine can help to create a sense of normality during such an abnormal time. Routine can also give us a sense of control in our lives, increasing feelings of calm and safety. Setting a regular wake up/sleep time is a good place to start!

Remember that no matter how lonely or isolated you feel, help is always available. Speaking to a counsellor can, in itself, reduce feelings of isolation and increase connectedness. But counsellors can provide coping strategies and other support too. [Learn more about our counselling here.](#)

Beyond Blue have some great resources for coping with isolation too – check them out [here](#).

From our CatholicCare family to yours, we hope that you are all keeping safe and well during these challenging times.

PARISH LIFE IN ISO

Something special this week from the students and staff at our school. While the children learn remotely, and the school runs with minimum onsite staff, the school community has been mindful of the difficulties facing many of our elderly neighbours, in aged care, or at home but isolated from friends and family.

Wanting to reach out to our elderly parishioners and people in aged care in our local area, the Social Justice Team has organised weekly video chats with the residents of Trevi Court.



Chloe Hadeed & Ayva Jelenic on a video call to Trevi Court

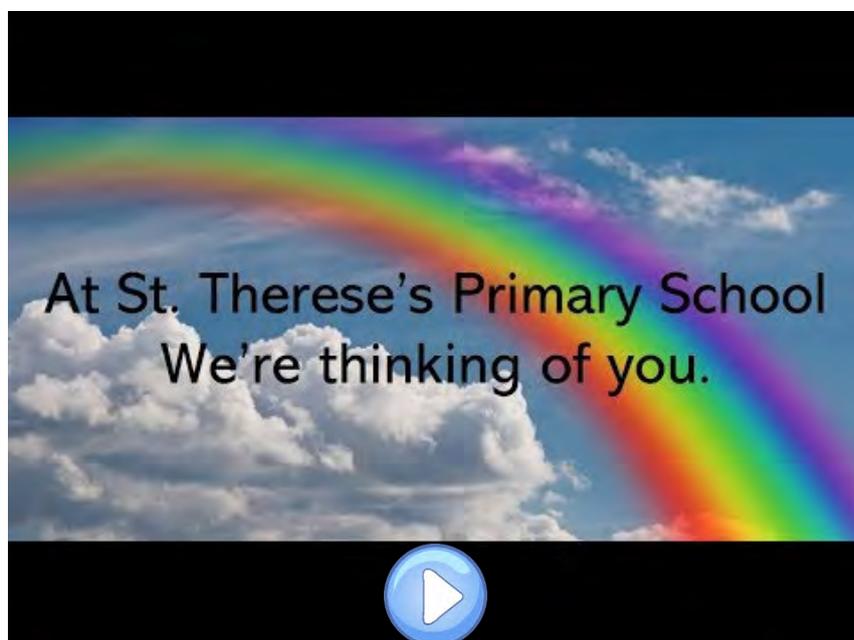
Students from the school have also written letters to residents in aged care to be delivered to local homes.



Letters to residents of aged care from students at St Therese's

School families were asked to submit video messages for aged care residents which will be sent to facilities in our area.

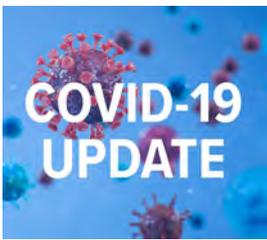
Watch the students' video messages below



AT THE PARISH we have also been thinking of our elderly parishioners in aged care or who are living alone. With our volunteers not able to visit, we are unable to stay connected as usual. We want you to know that we have not forgotten you. You are in our prayers and we look forward to the time when we are with you again. In the meantime, we hope the wonderful spirit of our students brightens your

day. For now, our thoughts and prayers are with you all. May you, your families and your friends stay safe and well.

Stories, reflections, recipes, ideas, videos or photos to share? We'd love to hear what you've been up to in ISO. Email jac.radcliffe@cam.org.au to contribute to Parish Life in ISO



STAGE 4 RESTRICTIONS AT ST THERESE'S

Our church remains closed. **WEDDINGS** are not permitted unless an application is made to the DHHS for an exemption on compassionate grounds. **FUNERALS** are limited to 10 mourners plus the minimum number required to conduct the funeral. **BAPTISMS** are postponed, unless there is a grave pastoral need.

VISITATIONS to homes are not permitted unless for grave reasons. Only Clergy (Fr John) may visit. Holy Communion is not to be given to anyone in their homes or care facilities, except as Viaticum for the dying.

Mass online is celebrated Wednesday to Friday along with our weekend Mass.

PACE REMAINS CLOSED

PARISH OFFICE OPERATES REMOTELY You can call us weekdays 9am until 3pm or send us an email. For those needing to speak to Fr John, appointments can be made over the phone or via email. Onsite meetings are not permitted.

EMERGENCY AFTER HOURS contact number for Fr John: 0490 956 610

For the full details of Stage 4 restrictions you should visit the [DHHS website](#).

THE CATHOLIC ARCHDIOCESE OF MELBOURNE provides regular pastoral updates on the COVID-19 situation on the CAM website: www.cam.org.au

ASSISTING ISOLATED PARISHIONERS If you know of a parishioner, or if you are a parishioner who could use our help, please contact the office confidentially.

PARISH GIVING DURING COVID19 If you usually support the parish with envelopes at Masses and would like to continue your payments, you can deposit your PSP donations directly to the parish accounts. Note there are separate accounts for church and clergy.

Contributions to the church account:

Name: St Therese's Church

BSB: 083 347

Account number: 67640 1701

Contributions towards supporting the clergy:

Account Name: St Therese's Church

BSB: 083 347

A/C number: 67616 4988

Any deposit should be referenced with your FIRST INITIAL and SURNAME so that we know that the money is a PSP payment attributed to you.

PARISH CONTACTS

Parish Priest: John Hannon john.hannon@cam.org.au

Baptism – Pastoral Outreach: Leanne Torr leanne.torr@cam.org.au

Business Manager: Kathy Gilmour essendon@cam.org.au

Function Manager: Jac Radcliffe jac.radcliffe@cam.org.au

Bookkeeper: Irene Fritsche irene.fritsche@cam.org.au

Parish Leadership Team: essendon.plt@cam.org.au

Child Safety Officer: Olivia Metcalf essendon.safeguarding@cam.org.au

Office opening hours - Monday to Friday 9.00am – 3.30pm

Office Telephone: 9401 6330 – after hours Fr John: 0490 956 610

Office email: essendon@cam.org.au Website: www.stthereses.org.au

School email: principal@stessendon.catholic.edu.au

St Vincent de Paul helpline: 1800 305 330 WEEKDAYS 10am–3pm

Tiny T's Playgroup: stthereses.tinyts@gmail.com



Who do you say I am?



21st Sunday in Ordinary Time, Year A

Gospel

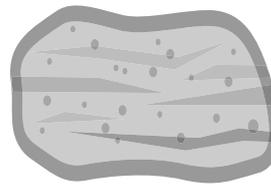
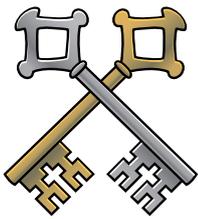
Mt 16:13-20

When Jesus came to the region of Caesarea Philippi he put this question to his disciples, 'Who do people say the Son of Man is?' And they said, 'Some say he is John the Baptist, some Elijah, and others Jeremiah or one of the prophets.' 'But you,' he said 'who do you say I am?' Then Simon Peter spoke up, 'You are the Christ,' he said, 'the Son of the living God.' Jesus replied, 'Simon son of Jonah, you are a happy man! Because it was not flesh and blood that revealed this to you but my Father in heaven. So I now say to you: You are Peter and on this rock I will build my Church. And the gates of the underworld can never hold out against it. I will give you the keys of the kingdom of heaven: whatever you bind on earth shall be considered bound in heaven; whatever you loose on earth shall be considered loosed in heaven.' Then he gave the disciples strict orders not to tell anyone that he was the Christ.

Who do you say Jesus is?

Write some words which describe Jesus.

Match up each of these symbols of St Peter with its correct story



Jesus asked his disciples, "Who do you say I am?" Peter replied, "You are the Messiah, the Son of the living God." Jesus told Peter that he would be the foundation upon which the church would be built.

When Jesus first met Peter and his brother Andrew he said to them, "Follow me!" Immediately they stopped what they were doing and followed Jesus.

Jesus told his disciples that they would desert him. Peter told Jesus he would never desert him, but Jesus predicted that Peter would deny him three times.

Jesus said to Peter, "You are Peter; to you I will give the keys to the kingdom of heaven."

Who do you say I am?

Draw Peter as he answers Jesus' question, "Who do you say I am?"

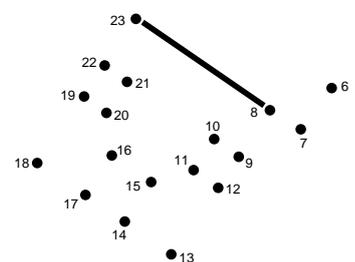
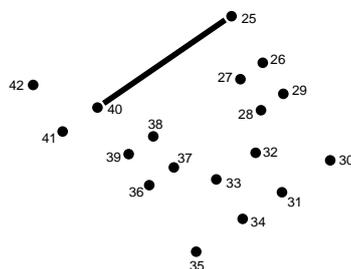
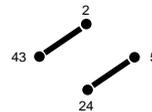
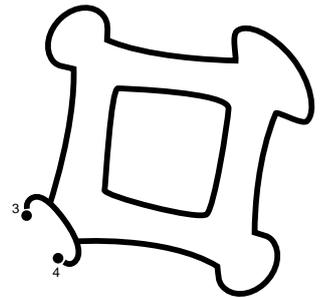
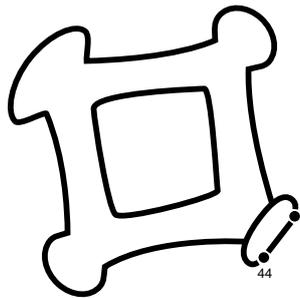
But who do you say that I am?

You are the Messiah,
the Son of the
living God.



Join the dots and
complete the picture!

You are Peter;
to you I will give
the keys to the
kingdom of
heaven.





St Columba's
College

FAITHFUL
CONTEMPORARY
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SINCE 1897



Our next St Columba's College virtual tour will be held on **Wednesday 2 September**.

Join us as we view the modern College facilities and grounds, learn about our innovative and extensive curricular and co-curricular offerings, and meet our College Principal, Ms Rita Grima.

Book your place at columba.vic.edu.au

KEY DATES FOR YEAR 7 2022:

- **Enrolment application** closing date: **Friday 9 October 2020**
- **Offer** of enrolment mailed out: **Tuesday 1 December 2020**
- Final date to **accept offer**: **Tuesday 15 December 2020**

For more information contact the Registrar, Mrs Josie Zanic, on 9331 9128 or email registrar@columba.vic.edu

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